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STATE OF MONTANA

BULLETIN

OF THE

Department of Public Health

Vol. 8.

May 15, 1914.

No. 1

MONTANA STATE BOARD OF HEALTH

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EMIL STARZ, Ph. D.

State Bacteriologist,

ALLAN TUFFORD,

Consulting Architect.

M. L. MORRIS,

Consulting Sanitary Engineer.

HELENA, MONTANA.

Published Monthly at Helena, by the State Board of Health.

"The science of disease prevention, if properly applied, can add fifteen years to the present average length of human life."—Prof. Irving Fisher, Yale.

This Bulletin will be mailed monthly to any person in Montana upen request mailed to the Secretary of the State Board of Health at Helena.



The regular annual meeting of the Montana Health Officers' Association will be held in Lewistown on July 6th and 7th, the two days preceeding the meeting of the Montana State Medical Association.

It is hoped that there will not only be a large attendance of Health Officers, but that the County Commissioners and the members of the City Board of Health will also be well represented. We have had three very successful district meetings, now let us make the central meeting a record breaker.

In many communities the Health Officer does not receive the support from the general public that he should.

The doctor who attends your child through a siege of typhoid fever, and through whose efforts and skill your child is restored to health, has your unending gratitude and perhaps receives his just fee.

The doctor who prevents your child from contracting typhoid fever and saves you much expense and many heart aches is often damned from "Dan to Beresheba." And why? Because forsooth! In the discharge of his duties he has been compelled to restrict to some extent your so-called liberties.

Quite a number of cases of typhoid fever have recently been traced to the men drinking the water from the tanks which supply the engines of one of our railways. The attention of this railway company has been called to this fact and they have issued orders to the men warning them against drinking this water, and have expressed themselves as believing that their responsibility ends there.

We believe that each engine should be equipped with a proper water container to be used only for drinking water and that a man should be employed whose duty should be to see that every engine leaving the round house has an adequate supply of drinking water for the crew.

While it may not be within the power of this department to order equipment or engines used in interstate transportation, we intend to call the attention of the Public Health Service to this matter. This service has by regulation required the railway companies to furnish passengers a pure drinking water, and we believe that the health of the men on the engines should receive the same protection in this respect as that of the passengers.

TOOTHSOME.

The Christmas dinner was a great success, everything went well, and the minced pie received a great ovation. Particularly noticeable was the scalloped edge of the pie and Mrs. Smith sent for the cook to congratulate her.

"And how did you ornament the mince pie so beautifully? I've never seen a pattern like that before."

"Sure mum, that was aisy enough," replied Soyer's underustdy. "I just run my false teeth around it!"—National Food Magazine.

A DESPERATE CASE.

A western physician received the following from a brother physician:

Dear Dock I have a pashunt whose physical sines showes that the windpipe has ulcerated off and his lungs have dropped into his stummick I have given hym everry thing without effeckt his father is welthy honable and inflooenshial as he is a member of assembly and god nose I dont want to lose hym what shal I do ans by return male. Yours frat,

DOC TISHBEIN.

-Kansas State Board Health Bulletin.

"THE WHOLE TRUTH."

"You say the prisoner had been drinking?" said his Worship. "Drinking what?"

"Whisky, I think," replied the intelligent officer.

"You think? Don't you know the smell of whisky? Are you not a judge?"

"No, yer Worship; only a policeman."

UNCLE WALT ON THE EARLY FLY.

The early fly's the one to swat. It comes before the weather's hot, and sits around and files his legs, and lays at least ten million eggs, and every egg will bring a fly to drive us crazy by and by. Oh, every fly that skips our swatters

will have five million sons and daughters and countless first and second cousins, and aunts and uncles, scores of dozens, and fifty-seven billion nieces; so knock the blamed thing all to pieces. And every niece and every aunt—unless we swat them so they can't—will lay enough dodgasted eggs to fill up ten five-gallon kegs, and all these eggs, ere summer hies, will bring forth twenty trillion flies. And thus it goes, an endless chain, so all our swatting is in vain unless we do that swatting soon, in Maytime and in early June. So, men and brothers, let us rise, gird our loins and swat the flies! And sisters, leave your cozy bowers where you have wasted golden hours; with ardor in your souls and eyes roll up your sleeves and swat the flies!—Walt Mason.

* * *

COMMUNICABLE DISEASES REPORTED TO THE STATE BOARD OF HEALTH FOR THE MONTH OF APRIL, 1914.

Smallpox—Broadwater, 5; Great Falls, 8; Chouteau, 10; Custer, 2; Dawson, 11; Fergus, 5; Gallatin (Excl. of Bozeban) 1; Bozeman, 1; Granite, 9; Hill, 14; Lincoln, 2; Helena, 5; Madison, 1; Missoula City, 7; Park (Excl. of Livingston) 1; Livingston, 7; Rosebud, 1; Sheridan, 1; Silver Bow (Excl. of Butte), 8; Butte, 32; Valley, 6; Yellowstone (Excl. of, Billings), 1; Billings, 3. Total, 141. Total last month, 177.

Scarlet Fever—Beaverhead, I; Broadwater, I; Cascade (Excl. of Great Falls) I; Carbon, 8; Custer, I; Dawson, 8; Hill, 4; Jefferson, I; Meagher, I2; Missoula (Excl. of Missoula City) 6; Livingston, I; Sheridan, I; Silver Bow (Excl. of Butte) 2; Butte, II; Teton, 6; Valley, I2; Stillwater, 3; Yellowstone (Excl. of Billings) I; Billings, 3. Total, 83. Total last month, Io8.

Diphtheria—Great Falls, 4; Chouteau, 1; Custer, 4; Flathead, (Excl. of Kalispell), 1; Missoula County, 1; Powell, 1; Butte, 3. Total, 15. Total last month, 23.

Typhoid Fever—Blaine, 9; Cascade (Excl. of Great Falls), 2; Great Falls, 3; Chouteau, 1; Bozeman, 1; Hill, 3; Lincoln, 1; Helena, 2; Meagher, 1; Missoula City, 1; Park (Excl. of Livingston), 1; Powell, 2; Sheridan, 1; Ravalli, 1; Stillwater, 1; Sweet Grass, 2; Valley, 1; Billings, 1; Total, 34. Total last month, 17.

Measles—Blaine, 4; Cascade (Excl. of Great Falls), 1; Great Falls, 6; Carbon, 8; Chouteau, 1; Custer, 2; Dawson, 2; Fergus, 5; Flathead (Excl. of Kalispell), 5; Gallatin (Excl. of Bozeman) 2; Bozeman, 17; Hill, 1; Lincoln, 1; Helena, 32; Missoula (Excl. of Missoula City),1; Missoula City, 5; Musselshell, 6; Park (Excl. of Livingston), 17; Silver Bow (Excl. of Butte) 9; Butte, 39; Stillwater, 8; Swet Grass, 10; Teton, 11; Billings, 4. Total, 187. Total last month, 305.

Cerebro Spinal Meningitis—Cascade, 1. Total, 1. Total

last month, I.

Spotted Fever—Missoula City, 2; Ravalli, 1. Total, 3. Total last month, 3.

Tuberculosis—Dawson, 2; Fergus, 1; Missoula City, 1; Livingston, 1; Butte, 17; Total, 22. Total last month, 14.

Whooping Cough—Butte, 4. Total, 4. Total last month,

DEATHS (EXCLUSIVE OF STILLBIRTHS*) REPORTED TO THE STATE BOARD OF HEALTH FOR THE MONTH OF APRIL, 1914, ARRANGED ACCORDING TO COUNTIES AND PRINCIPAL CITIES.

	Spotted Fever	Small Pox	Tuberculosis	Diphtheria	Scarlet Fever	Measles	Typhoid Fever	Meningitis	Whooping Cough	Pneumonia	Nephritis	Organic Heart Disease	Malignant Tumors	Acute Intestinal Diseases	Violence	Suicide	Alchel:sm	All Other Causes	Totals
Beaverhead Broadwater Carbon Cascade (Excl. of) Great Falls Chouteau Custer Dawson Deer Lodge (Excl. of) Anaconda Fergus Flathead (Excl. of) Kalispell Gallatin (Excl. of) Bozeman Granite Jefferson Lewis and Clark (Excl. of) Helena Lincoln Madison Meagher Missoula (Excl. of) Missoula (Excl. of) Livingston Powell Ravalli Rosebud Sanders Silver Bow (Exxcl. of) Butte Sweet Grass Teton Valley Yellowstone (Excl. of) Billings Big Horn Blaine Fallon Hill Sheridan Stillwater TOTALS		1		3			1	1 1 2 2		$\begin{bmatrix} 1 \\ \\ \\ \\ \\ 1 \\ $		$\begin{array}{cccccccccccccccccccccccccccccccccccc$						1 1 2 6 6 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	5 1 1 1 5 3 0 6 6 1 4 6 2 3 1 1 0 · · · · · · · · · · · · · · · · ·

Estimated Population—420,000. Monthly Death Rate per 1,000 Population—1.078. Annual Death Rate per 1,000 Population—12.93.

BIRTHS (EXCL. OF STILLBIRTHS) REPORTED TO THE STATE BOARD OF HEALTH FOR THE MONTH OF APRIL, 1914, AND COMPARATIVE BIRTH AND DEATH RECORD IN THE STATE.

	Males	Females	Totals	Deaths	Excess of Births	Excess of Deaths
Beaverhead Broadwater Carbon Cascade (Excl. of) Great Falls Chouteau Custer Dawson Deer Lodge (Excl. of) Anaconda Fergus Flathead (Excl. of) Kalispell Gallatin (Excl. of) Bozeman Granite Jefferson Lewis and Clark (Excl. of) Helena Lincoln Madison Meagher Missoula (Excl. of) Missoula City Musselshell Park (Excl. of) Livingston Powell Ravalli Rosebud Sanders Silver Bow (Excl. of) Butte Sweet Grass Teton Valley Yellowstone (Excl. of) Billings Big Horn Blaine Fallon Hill Sheridan Stillwater Totals	8 1 1 1 1 3 3 3 1 0 9 27	4 2 6 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	12 33 355 288 411 111 316 188 212 47 4 47 40 111 175 46 22 46 111 175 46 26 27 47 47 47 47 47 47 47 47 47 4	$\begin{array}{c} 5 \\ 15 \\ 30 \\ 6 \\ 6 \\ 6 \\ 4 \\ 16 \\ 22 \\ 3 \\ 6 \\ 20 \\ 6 \\ 20 \\ 2 \\ 20 \\ 6 \\ 20 \\ 20$	7 20 5 35 7 122 5 172 35	133 5

REPORT OF BACTERIOLOGICAL EXAMINATIONS MADE DURING THE MONTH OF APRIL, 1914, BY EMIL STARZ, BACTERIOLOGIST.

April 5th, 1914.

Dr. P. H. O'Malley, Chinook, Montana. Blood for Widal Test: Positive.

Dr. McLellan, Big Aandy, Montana. Culture from Suspected Diphtheria: Positive.

Dr. L. L. Mayland, Great Falls, Montana. Culture from Suspected Diphtheria: Negative.

Dr. A. S. Hoon, Chinook, Montana. Blood for Widal Test: Positive.

Dr. Johnston, Helena, Montana. Blood for Widal Test: Negative.

April 6th, 1914.

Dr. E. S. Coats, Plains, Montana. Sputum for Bac. Tub.: Positive.

Dr. Chapple, Billings, Montana. Sputum for Bac. Tub.: Positive.

Dr. Dogge, Helena, Montana. Sputum for Bac. Tub.: Negative.

Dr. W. T. Thornton, Stevensville, Montana. Pus for Bac. Tub.: Negative.

Dr. Morrow, Medicine Lake, Montana. Sputum for Bac. Tub. Negative.

Dr. C. C. Wallin, Lewistown, Montana. Sputum for Bac. Tub.: Negative.

Dr. P. H. O'Malley, Chinook, Montana. Blood for Widal: Positive.

Dr. P. H. O'Malley, Chinook, Montana. Blood for Widal: Negative.

Dr. Bassow, Havre, Montana. Blood for Widal Reaction: Negative.

April 8th, 1914.

Dr. B. C. Brooke, Helena, Montana. Sputum for Bac. Tub. Positive.

Dr. G. L. McLellan, Big Sandy, Montana. Swab from suspected Diphtheria: Negative.

Dr. Keats, Havre, Montana. Sputum for Tub. Bac.: Negative.

April 9th, 1914.

Dr. P. G. Cole, Helena, Montana. Culture from suscepted Diphtheria: Negative.

Dr. L. L. Maynard, Great Falls, Montana. Sputum for Bac. Tub.: Negative.

Dr. L. Fligman, Helena, Montana. Sputum for Pneumococci and Bac. Tubercul.: Negative.

Dr. Frizzell, Great Falls, Montana. Blood for Widal: Positive.

April 10th, 1914.

Dr. McLellan, Big Sandy, Montana. Swab from suspected Diphtheria: Negative.

April 12th.

Dr. McCabe, Helena, Montana. Blood for Widal: Positive.

April 13th.

Dr. A. S. Hoon, Chinook, Montana. Blood for Widal: Negative.

Dr. G. L. McLellan, Big Sandy, Montana. Swab from suspected Diphtheria: Negative.

Dr. McCabe, Helena, Montana. Sputum for B. Tuberc.: Positive.

April 18th, 1914.

Dr. Claiborn, Big Timber, Montana. Blood for Widal:

Dr. J. H. Noonan, Belgrade, Montana. Sputum for Bac. Tub.: Negative.

Dr. R. C. Purdy, Columbia Falls, Montana. Sputum for Pneumococci: Positive. Sputum for B. Tuberc.: Negative.

Dr. C. C. Smith, Bozeman, Montana. Blood for Widal: Positive.

Dr. Morrill, Sidney, Montana. Sputum for B. T.: Negative.

April 19th, 1914.

Dr. Danskin, Glendive, Montana. Blood for Widal: Positive.

Dr. A. S. Hoon, Chinook, Montana. Blood for Widal: Positive.

Dr. F. Schrader, Wilsall, Montana. Blood for Widal: Positive.

April 20th, 1914.

Dr. P. O'Malley, Chinook, Montana. Blood for Widal: Positive.

April 21st, 1914.

Dr. H. F. Schrader, Wilsall, Montana. Sputum for Tub. Bac.: Negative.

Dr. J. F. Murphy, Fort Benton, Montana. Blood for Widal: Positive.

Dr. Claiborn, Big Timber, Montana. Sputum for Bac. Positive.

Dr. H. F. Schrader, Wilsall, Montana. Sputum for Bac. Tub.: Negative.

April 23rd, 1914.

Dr. Gaylord McCoy, Joilet, Montana. (a) Culture from suspected Diphteheria: Negative. (b) Culture from suspected diphtheria: Negative.

Dr. Danskin, Glendive, Montana. Blood for Widal: Negative.

Dr. P. H. O'Malley, Chinook, Montana. (a) Blood for Widal: Negative. (b) Blood for Widal: Negative.

April 24th, 1914.

Dr. P. H. O'Malley, Chinook, Montana. Blood for Widal: Positive.

Dr. J. F. Murphy, Fort Benton, Montana. Blood for Widal: Positive.

April 25th, 1914.

Dr. A. C. Spooner, Bainville, Montana. Blood for Widal. Positive.

April 26th, 1914.

Dr. McCabe, Helena, Montana. Sputum for Tuberc. Bac.: Negative.

April 27th, 1914.

Dr. A. V. Blackstone, Absarokee, Montana. Blood for Widal. Positive.

April 28th, 1914.

Dr. W. T. Thornton, Stevensville, Montana. Blood for Widal: Positive.

April 29th, 1914.

Dr. E. M. Gans, Judith Gap, Montana. Widal Reaction: Positive.

April 29th, 1914.

Dr. Thuerer, Billings, Montana. Blood for Widal: Positive.

April 30th, 1914.

Dr. E. L. Sutherland, Sheridan, Montana. Sputum for Tub. Bac.: Negative.

Dr. Marquette, Deer Lodge, Montana. Culture from suspected Diphtheria: Streptococci.

Respectfully submitted, EMIL STAFZ, Bacteriologist.

DIVISION OF FOODS AND DRUGS.

Dr. W. F. Cogswell, Secretary State Board of Health, Food and Drug Commissioner.

F. J. O'Donnell, Inspector.

LABORATORY STAFF.

W. M. Cobleigh, Chemist.

D. L. Weatherhead, Analyst.

D. B. Swingle, Bacteriologist.

Carl Gottschalck, Assistant Analyst.

Nina Armstrong, Clerk and Stenographer.

LABORATORY REPORT. Samples Reported During the Month of April.

Classification	No. Legal	No. Il- legal	Total
Butter (Dairy Commission) Milk (Dairy Commission) Coffee Soft drinks Miscellaneous Water	3 15 11 1	1 2 6 1	1 5 21 12 1 35
Total	30	10	75

Sixty-nine samples were reported to the Secretary of the State Board of Health during the month of April. Of this number, twenty-one were samples of coffee, twelve, of soft drinks, one a meat pickling compound, and thirty-five were samples of water.

The samples of coffee were examined for their weight and the presence of adulterants. Most were entirely up to weight or above while a few were very slightly below the stated weight and one only showed a considerable deficiency in weight. None were found to be adulterated.

The soft drinks were examined for their net content, saccharin, salicylic and zenzoic acid, no other factors concerning their labeling, etc., being considered. None were found to contain saccharin or preservatives.

The meat curing compound was found to contain none of

the ordinary preserving substances except common salt and salt petre.

The thirty-five samples of water were collected as follows:

Alhambra	6
Baker	2
Big Timber	I
Billings	2
Clancy	4
Gardiner	2
Helena	2
Lennep	1
Livingston	13
Twin Bridges	1
Whitehall	I
Total	35

A more detailed report of the food samples follows:

Lab. No.	Date.	Description.	Remarks.
2903	4-28-14	Coffee—Dealer, Thomas B. Quaw, Bozeman. On label: Empress Steel Cut Coffee, 1 lb net Stone Ordean	Complies with the standard.
2904	4-28-14	Ground coffee, Dealer, Thos. B Quaw. Bozeman. On	
2921	4-28-14	Ground coffee, Dealer, Thos. B. Quaw, Bozeman, On label: Wampum Brand, Roasted Coffee, seected and packed for Stone, Ordean Wells Company, Duluth.	Misbranded. Slightly low in weight.
2921	4-28-14	large can) Label on large	The sample complies with the standard.
2925	4-28-14	Ground coffee, Forristell & Heilman, Bozeman, On label: Coffee, 1 lb. ground, Schilling's Best, A. Schilling	Misbranded, slightly low in weight.
2927	4-28-14	Ground coffee Dealer, For- ristell & Heilman, Boze- man, On label : McMur- ray's Country Club brand coffee, 1 pound net wt. roasted and packed by Wm.	Complies with the standard.
2928	4-28-14	Minn. Ground coffee. Dealer, For- ristel & Heilman, Boze- man, On label: Barrington Hall, On label: Barrington	Misbranded, slightly low in weight.
2946	4-28-14	Cut coffee, Baker Impg. Co., 1 pound net wt Steel Cut coffee. Dealer, Lovelace Brothers & Co., On label: Seminole Coffee, Denison & Company, Chi-	Misbranded. About 6% low in weight.
2949	4-28-14	Ground coffee. Dealer, H. A. Strand, Bozeman, On label: Manor House Coffee, W. F. McLaughlin & Co., Chicago,	Misbranded. About 6% low in weight. Complies with the standard.
2962	4-28-14	Ground coffee. Dealer, F. A. Maxwell, On label: White House Brand Ground coffee.	Complies with the standard.
2964	4-28-14	Whole coffee. Dealer, F. A. Maxwell, Bozeman. On label: One pound Early Breakfast Roasted coffee	Complies with the standard.
2965	4-28-14	coma, Washington Coffee. Dealer, F. A. Maxwell, Bozeman, Mont. Or label: Forbe's Martha Washington Brand coffee Jas. H. Forbes, Tea and Coffee Company, St. Louis Mo., 1 lb.	Complies with the standard.

Lab. No.	Date.	Description.	Remarks.
2966	4-28-14	Steel Cut Coffee. F. A. Maxwell, Bozeman. On label: Kasper's Certified Steel Cut I bound Purs	Complies with the standard.
2967	4-28-14	. Kagner & Co. Chicago	
		bel: Bengal Brand Coffee, Machine Cut, packed by Griggs, Cooper & Co., 1 net weight	Complies with the standard.
2968	4-28-14	net weight	Misbranded. One package slightly low in weight
2974	4-28-14	Raker Imp'g. Co. Roasted ground coffee. Dealer, J. A. Roades, Bozeman. On label: Gorher Brand Coffee. Foley Bros. & Kelly, St. Paul, one pound net weight Coffee. Dealer, J. A. Roades,	Complies with the standard.
2978	4-28-14	label: Caldwell's Electric Cut Coffee. One pound net.	Complies with the standard.
2080	4~28-14	The Caldwell Coffee Co., Duluth, use 1–3 less Steel Cut Coffee. Dealer, M. P. Lewis, Bozeman. On label: Golden Davs Steel Cut Coffee. 1 pound. Wm. Schotten & Co., St. Louis. Ground Cofee. Dealer, Geo.	Complies with the standard.
2993	4-28-14	Taken from bulk no label	Complies with the standard.
3002	4-27-14	H. Rea & Company, Bozeman. On label: Chase & Sanborn's Seal Brand. Steel cut coffee, 1 lb., net, Chase & Sanborn Boston.	Complies with the standard.
		Grade Vaccum Packed Coffee, 1 lb. net, Hall Bros.	Misbranded. Slightly low in weight.
3031	4-29-14	Soda water. Dealer, Helena Bottling Works, Helena. On label: Delicious Pineapple Sarsanzilla Soda Dealer	The sample contains no sac charin. The label bears no statement of contents.
3032	4-29-14	Sarsaparilla Soda. Dealer Helena Bottling Works Helena, Montana. On label Sarsaparilla Soda, artifi- ficially colored and flavored	The sample contains no sac charin. The label bears n
3033	4-29-14	Helena, Montana Strawberry Soda. Dealer Helena Bottling Works. Or label: Superior Quality Artificial Strawberry Soda artificially colored and	The sample contains no sac charin. The label bears n statement of contents.
3034	4-29-14	flavored. Pepsin Soda. Dealer, Helena Bottling Works. On label Fepsin Soda, for headache	

No.	Date	Description	Remarks
3035	4-29-14	and indigestion. A great appetizer. (On cap): Arti- ficial color and flavor Ginger Ale. Dealer, Helena Bottling Works, Helena	The sample contains no saccharin. The label bears no statement of contents.
		Bottling Works, Helena. On label:Royal Crown Aromatic Ginger Ale (on cap), Banana, artificial flavor and color	The sample contains no sac- charin. The label bears no
3036	4-29-14	Champagne Cider. Dealer, Helena Bottling Works, Helena. On label: Cham- pagne Cider, Merritt & Co., (on can) Champagne cider	The sample contains no sac- charin. The label bears no statement of contents. Wrong cap on bottle.
3037	4-29-14	ena. on label: Raspberry	The sample contains no sac- charin. The label bears no statement of contents.
3038	4-29-14	Peach Mellow. Dealer, Helena. On label: Peach Mellow, made by Blumenthal Bros., Phila., contents, large bottles, 24 ozs., small bottles, 12 ozs. (On cap), Peach artificial color and	The sample contains no sac-
3039	4-29-14	flavor Root Beer. Dealer, Helena Bottling Works, Helena. On label: Superior Quality Root Beer, color flavor- Sparkling Deligious	Contains no saccharin. The label bears no statement of contents.
3040	4-30-14	label: Artificial colored and	charin. The label bears no
3041	4-30-41	flavored, Wild Cherry Lemon Sour. Dealer, Helena Bottling Works, Helena, Or label: Sparkling Lemon Sour, on sticker: Contents large bottles, 24 ozs., smal bottles, 12 ozs.	The sample contains no sac- charin. The label bears no statement of contents.
3042	4-30-14	Iron Nerve. Dealer, Helena Brttling Works, Helena. Or label: Iron Nerve, Delici- ous, refreshing, sparkling invigorating, healthful	l Misbranded, slightly low in , content, sample contains no , saccharin.
2774	3-30-14	harmless color added Freeze-Em-Pickle. Dealer Broadview Meat Co., Broadview, Montana. On label Freeze-Em-Pickle. B. Heller & Co., Chicago, Ill. A prepared pickle for curing hams, shoulders. bacon corned beef, etc	Composed chiefly of salt and salt petre.

ALUM IN BAKING POWDER.

The following news item from the "Bozeman Daily Chronicle of May 2, 1914, may be of interest to readers of this bulletin:

ALUM POWDER NOT HARMFUL.

Report of Remson Board on Subject of Baking Powders— Experiments on Human Subjects.

Washington, May. I.—Alum baking powders are no more harmful to the health of a person than any other baking powders, but it is wise to be moderate in the use of foods that are leavened with baking powder.

Such is the conclusions announced today by the referee board of consulting scientific experts of the department of agriculture as the result of experiments to determine the influence of alum compounds on the nutrition and health of man.

The report gives the results of three sets of extensive experiments on human subjects. The board's report was unanimous and was signed by Ira Remsen, President of John Hopkins University, chairman; Russell H. Chittenden, professor of physiological chemistry in Yale University; John H. Long, professor of chemistry in Northwestern University; Alonzo E. Taylor, professor of physiological chemistry in the University of Pennsylvania, and Theobald Smith, professor of comparative pathology in Harvard.

In the experiments, tests were made in each case on healthy young men by including alum in some form in their food.

As we do not have the text of the report of the Remson Board at hand at this time, nor a report of the action of the Federal Food Inspection Board, we will reserve any further mention of the subject until a later date when such information is at hand.

GROUND COFFEE.

The reports on several samples of ground coffee are included in the foregoing summary. All these were labeled to show their net content in pounds or multiples or fractions thereof and not in ounces or fractional ounces. It was very

gratifying to note that in by far the majority of cases the net content was fully up to the stated weight or slightly above. In a few cases the net content was slightly below the stated weight, but probably if several more samples of the same product had been weighed there would have been found compensating amounts above the stated weight. In only one case was the shortage in net contest considerable.

Very often ground coffee is found to contain chicory, ground roasted cereals or an excess of chaff, sand, dirt, etc. All the samples examined were found to be free from such adulteration and to be clean and in good condition.

*IMPROVING RURAL HEALTH.

In the present rapid spread of the public health movement the dwellers in the country or in small towns and cities are too often forgotten. The increased number of full-time county health officers is a step in the right direction but a very short one. The co-operative board of health system which is proving so successful at Wellesley, Massachusetts, and the surrounding towns could not be applied in the more thinly settled districts of the West. The State Charities Aid Association News (N. Y.) of January, contains an article on the views of Doctor Biggs, the new state health commissioner, on this subject. We quote as follows:

"Dr. Biggs pointed out that in the country each dwelling house is a unit, just as the city is a unit. Each dweller in the country must provide for himself, water supply and sewage disposal, which the city provides for its residents. Through their health departments, residents of the city are afforded health protection in both these particulars, among others, by the application of the results of scientific investigations. Such protection is not now given to rural dwellers, but the farmer has as much right as the city resident to the best health protection that modern science affords.

"By extending to the country, through a division of rural hygiene the health advantages so long enjoyed by the cities, Doctor Biggs believes that the death-rate and the sickness rate in the country can be very much decreased and the efficiency of the community proportionately improved.

"In discussing the need for a division of rural hygiene in the State Department of Health, Doctor Biggs said: "Up to this time the rural districts, not only in this state, but through the country, have received scarcely any attention from sanitary authorities. As a result we find that sanitary conditions there are scarcely different from those which existed in comparatively early times.

"The great cities, notwithstanding their density of population and large percentage of foreigners, ignorant of our laws and language, have entirely outstripped the country districts. Not only is the death rate in the country relatively higher than that in the cities, but the birth rate is lower.

"New York City's death rate is materially lower than that of the rural districts of the state. Through a long series of years the death rate of the metropolis has been slowly but steadily declining until last year it was 137 out of each thousand of the population. On the contrary, in the rural districts, not only has the death rate not declined, but it has slowly increased.

*Taken from the March, 1914, American Journal of Public Health.

*THE WATER SUPPLY OF RURAL COMMUNITIES.

The responsibility for disease due to polluted water is so often put on the water supplies of our large cities that the conditions in American rural districts are usually thought of, if not actually pictured in the public mind, as lmost ideal. Naturally enough, farms which are remote from areas of congested population seem to be ideally situated for obtaining wholesome water. In reality, however, deplorably insanitary conditions as regards the farm water supplies prevail widely if we may believe state and national government reports.

A large proportion of farm water supply in the less hilly portions of the country where springs are not abundant comes from shallow wells, which are particularly subject to contamination. Deep wells are safer, but are not entirely free from danger of pollution. The chemist of the Canda Experiment Farms, Dr. Frank T. Scutt, concludes from an examination of several thousand samples of water used on farm homesteads in Canada that "probably not more than one-third of them are pure and wholesome." Investigations made by the Bureau of Plant Industry, in co-operation with the Minnesota State Board of Health, showed that of the sev-

enty-nine carefully selected and typical farm water supplies in Minnesota, mainly well waters, twenty were good and fifty-nine polluted, usually because of careless or ignorant managemenet, and generally as result of poor location or lack of protection against surface wash or infiltration. The rivers, surface reservoirs and cisterns investigated were found to be polluted to such an extent that it is doubtful whether satisfactory supplies can be secured for household use from such sources. In an examination of the rural water supplies in Indiana, it has been found that of the private rural water supplies examined, 177 were deep wells, 411, shallow wells, 5 ponds, 40 springs, and 27 cisterns.

One hundred and sixteen of the deep well waters were of a good quality, 45 were bad, and 16 doubtful. But 159 of the 411 shallow well waters could be used, 209 were unequivocally bad, and 43 were of doubtful quality. A large percentage of the waters used by the families in which typhoid fever had occurred were unequivocally bad.

With the development of the country, the growth of the population and the greatest congestion in living centers, the danger of pollution of natural water supplies is vastly increased. Even wells can be improved and rendered less subject to pollution if proper methods of driving them deeper are emplayed. The best safeguard, according to "The Journal of the American Medical Association, is the education of the public to the underlying facts of contamination so that by the application of common sense the sources of danger can be avoided by property-holders and others.

*Monthly Bulletin, Ohio State Board of Health, April, 1914.